



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : **BODY THERAPY II**

CODE : **STE 211B**

DATE : FINAL THEORY EXAM
NOVEMBER 2016

DURATION : 3 HOURS

WEIGHT : 50:50

TOTAL MARKS : SECTION A – 140
SECTION B – 40
TOTAL: 180

EXAMINER : MRS D CAMPBELL
DR K HENRICO

MODERATOR : MRS N MATHENJWA
MRS N MAKHANYA

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : READ THROUGH THE WHOLE QUESTION PAPER BEFORE
ANSWERING THE QUESTIONS. **WRITE SECTIONS A
AND B IN SEPARATE BOOKLETS.**

REQUIREMENTS : 3 EXAMINATION SCRIPTS PER CANDIDATE

SECTION A – BODY. WRITE IN A SEPARATE BOOKLET

QUESTION 1

- 1.1. In table format, differentiate between adipose and cellulite. **16**
 - 1.2. Describe the role of the Somatologist when dealing with the overweight/obese client **8**
 - 1.3. Preheating is an important aspect of all slimming treatments. Explain the importance of preheating for slimming, in general. **10**
 - 1.4. Discuss the different types of preheating (not the actual preheating treatments) and indicate when they would be most appropriate. **9**
 - 1.5. Elaborate on how the following contribute to the formation of cellulite:
 - 1.5.1 excessive caffeine/alcohol intake **5**
 - 1.5.2 constipation **4**
 - 1.5.3 excessive consumption of preservatives **4**
 - 1.5.4 sedentary lifestyle **4**
- [60]**

QUESTION 2

Taking into consideration the difficulty in treating and reducing the appearance of **cellulite**, answer the following on this topic.

You have the following machines available in your clinic: LED light therapy (Photizo), Cavi, VelasMOOTH, ultrasound, Microdermabrasion (MDA) and faradic. Redraw the table below into your answer script and complete it including only the machines that will **directly** address cellulite. Where required, be very specific and include specificities.

4 machines @ 12 marks each 48

Machine	How it works to address cellulite	Duration time of treatment	How often does the client come in (course)
(1)	(9)	(1)	(1)

[48]

QUESTION 3

- 3.1 Discuss the use of faradic for toning and shaping the figure. **8**
 - 3.2 You learnt about machines that address skin tightening. Identify and describe how these work to firm and tone up the skin. **12**
 - 3.3 Spider naevus can be difficult to treat; identify and describe two machines that you learnt about this year that can assist in treating this condition effectively. Be concise and specific when answering this question. **12**
- [32]**

SECTION B: (WRITE IN A SEPARATE ANSWER BOOKLET)

QUESTION 1:

1.1. Discuss the origin of essential oils. (5)

1.2. Identify the 5 (five) biological roles of essential oils. (5)

[10]

QUESTION 2:

1.1. Fully discuss the Pharmacokinetics of Essential Oils, with regards to absorption and metabolism. (14)

[14]

QUESTION 3:

Give a blend of 2 oils that will be suitable for the following conditions, include the reason why it will be suitable.

3.1. Low Blood Pressure. ($\frac{1}{2} \times 4 = 2$)

3.2. Poor circulation. ($\frac{1}{2} \times 4 = 2$)

3.3. Colic. ($\frac{1}{2} \times 4 = 2$)

3.4. Dandruff. ($\frac{1}{2} \times 4 = 2$)

3.5. Migraine. ($\frac{1}{2} \times 4 = 2$)

3.6. Muscular Cramps ($\frac{1}{2} \times 4 = 2$)

Define the following in relation to the effect within the body:

3.7. Alterative (1)

3.8. Anaphrodisiac (1)

3.9. Expectorant (1)

3.10. Vasoconstrictor (1)

[16]

TOTAL SECTION B: [40]
